



## Ready to Quit Smoking for a Healthier New Year?



As the calendar changes, so can you! We know how hard quitting smoking can be. That is why the DelaWELL Health Management Program is offering a special, free 4-week program for employees called “Beat the Pack” that is geared for smokers who are interested in quitting smoking. This program gives you stop-smoking information and a chance to get support from others.

Each week, participants will be required to attend one group meeting, for a total of four sessions in a given month:

- Week 1: Program Launch/ Reasons to Quit
- Week 2: Coping With the Urge to Smoke
- Week 3: Long-Term Benefits of Quitting Cigarette Smoking
- Week 4: Staying Quit

To register for the 4-weekly “Beat the Pack” meetings at a location convenient for you, please visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the “DelaWELL University Onsite Health Seminars” link.

DelaWELL is providing the “Beat the Pack” program at the following sites:

- DelDOT Administration Building (Dover, DE)  
*Meeting Dates: January 3, 10, 18 and 24 from 12-1pm*
- Carvel State Office Building (Wilmington, DE)  
*Meeting Dates: February 3, 10, 17 and 24 from 12-1pm*
- Office of Management and Budget (OMB) – Statewide Benefits Office (Dover, DE)  
*Meeting Dates: March 5, 12, 19 and 26 from 12-1pm*
- Division of Child Support and Enforcement- Churchman’s Corp. Center (New Castle, DE)  
*Meeting Dates: April 5, 12, 19 and 30 from 12-1pm*
- Thurman Adams State Service Center (Georgetown, DE)  
*Meeting Dates: May 3, 9, 16 and 23 from 12-1pm*
- Department of Labor- Fox Valley Annex Building (Wilmington, DE)  
*Meeting Dates: June 8, 15, 22 and 29 from 12-1pm*

**We congratulate you on taking this important step to improve your health!**